

# THE WOMAN PLAYS A LESS DASHING BUT EQUALLY HEROIC PART IN THE WORLD WAR

## FOLLOW THE EXAMPLE SET BY FRENCHWOMEN DURING THE WAR

Marshal Joffre's Countrywomen Not Slackers; This the Day of Opportunity for Women in Every Sphere

NEXT to the great Marshal of France, the mere sight of whom thrilled every man, woman and child with red blood in their veins, I think the "Blue Devil," the one-legged hero of Verdun, Colonel Fabry is affectionately dubbed, impressed the multitude assembled to see and to cheer the French commission.

These men, so simple, so entirely unaffected, moved even the most stolid to something very near tears; they have played such an inspiring part in their country's history.

It is not given to a woman to play as picturesque a part in the affairs of her country, but every woman can and should, by performing her individual duty, be quietly and unassumingly heroic.

And this the French woman has proven herself to be in the past. Witness what Edith Wharton has to say: "After the Franco-Prussian War of 1870, when France was beaten to earth, her armies lost, half her territory occupied and with not a single ally to defend her interests—when France was called on by her conquerors to pay an indemnity of 500,000,000 francs in order to free her territory of the enemy, she raised that huge sum and paid it off eighteen months sooner than the date agreed upon, to the amazement and admiration of the world.

"Every economist will tell you that if France was able to make that in incredible effort it was because all over the country millions of Frenchwomen—laborers' wives, farmers' wives, small shopkeepers' wives, wives of big manufacturers and commission merchants and bankers—were to all intents and purposes their husbands' business partners and had had a direct interest in saving and investing the millions and millions piled up to pay France's ransom in her day of need.

"It is a glorious thing for the women of a country to have had such a share in its redemption. At every stage in French history, in war, in politics, in literature, in art and in religion, women

### THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily endorse the sentiment expressed. Communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

#### TODAY'S INQUIRIES

1. What greens can be used to garnish meats or various other dishes?
2. How can the tough ends of asparagus be utilized?
3. In mixing cake batter, how can the sugar and butter be made to cream easily?

#### ANSWERS TO YESTERDAY'S INQUIRIES

1. Placing a snap at the hem of a curtain and its mate as far up on the curtain as one can reach is an easy method of fastening the curtain up when cleaning or preventing it from blowing out of the window.
2. Table linen should be darned with threads from the raveling.
3. When there is little space for a kitchen table a wide shelf or table can be fastened on hinges to the wall and let down when not in use.

#### Garden Aprons Now in Vogue

To the Editor of Woman's Page:  
Dear Madam—A fascinating little woman I happen to know has made up a number of fascinating little garden aprons to give to her friends before the war. Some of these aprons are of a very attractive design, some are of a very attractive color, some are of a very attractive material, and some are of a very attractive shape. I am sure many readers will be glad to take advantage of it.

#### Boiled Icing for Cake

To the Editor of Woman's Page:  
Dear Madam—Can you tell me how to make boiled icing that will not run off the cake?  
Mrs. C.  
All housekeepers have at times had the experience of having boiled frosting run off the cake, and at first it is rather difficult to judge when to take the syrup from the fire. Use one cupful of sugar to one-half cupful of water and boil until it reaches a thread. You will know unmistakably when it does so, as the fine thread which breaks can be plainly seen in the light. Beat the whites of two eggs until stiff, then drop the syrup in very slowly, stirring all the while. Flavor and apply to the cake. If you follow these directions you should have no trouble.

#### Uses for Paraffin

To the Editor of Woman's Page:  
Dear Madam—I find paraffin useful in many ways besides the sealing of envelopes. I send flowers any distance I dip the ends in melted paraffin and they will keep fresh. (A vase I was very fond of was cracked so it would not hold water. I poured it over paraffin, trimmed the vase and it held water and now it can be used as before.)  
Mrs. J. S.

#### Baked Rhubarb Dumplings

To the Editor of Woman's Page:  
Dear Madam—Dumplings filled with rhubarb are delicious. Make a roux of butter, flour and onion, then add milk, then lay rhubarb in the center and sprinkle with bread. Paste the corners, fold the dough over and bake in a moderate oven twenty minutes or more. Serve with hard sauce. (M. T. C. P.)

#### Steak Smothered in Onions

To the Editor of Woman's Page:  
Dear Madam—Breakfast smothered in onions makes a delicious dish. This is how I prepare mine: Put in a deep pan two thin slices of salt pork, then a quarter of onion (medium sized) sliced. Put in one pound of steak cut from the top of the round and three-quarters of an inch thick. Cover with same amount of onions, sprinkle with one teaspoonful salt, dash of celery salt, pepper and paprika. Cover with boiling water and bake in hot oven for three hours. If needed add a little more water and a delicious brown gravy will result.  
Mrs. O. M.

#### Quickly Made Mayonnaise

To the Editor of Woman's Page:  
Dear Madam—A dish that will always help out on busy days and when a friend drops in unexpectedly is quickly made mayonnaise. It is as follows: Use the yolk of a fresh egg and beat with a whisk thoroughly. Having mixed in a cup a teaspoonful of sugar, one-half teaspoonful of salt, one-half teaspoonful of mustard, add these dry ingredients to the egg very gradually. Mix a tablespoonful of lemon juice and one of vinegar and have ready a cupful of olive oil. Alternate with the lemon and vinegar mixture and the oil, beating regularly all the while until the dressing is smooth. Cover and stand on ice.  
(Mrs. W. M. T.)

#### Paper Kneeling Yellow

To the Editor of Woman's Page:  
Dear Madam—Will you please stationery get paper if it is to be kept covered? About how long will it stay white? Will anything keep it from getting yellow? Paper turns yellow in time, I think, because it is in contact with the air. I have seen some paper that is kept wrapped in oil paper and it stays white.

## PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

### XXXV—Orphans

MY father did not tumble into bed as soon as he had his pancakes this morning, but sat out on the back porch with Rowdy and smoked his pipe, which is something he has hardly ever done since my mother died. His fried cakes for Rowdy and me and then he said, "Patsy, go out and give the orphan asylum the once over today and tell me what you think of it. There are a lot of kids out there whose mothers are dead and you'd have a bunch of them to play with if I put you there, and it wouldn't cost much."

So he went to bed and Rowdy and I rambled. We found the orphan asylum and it was surrounded by a stone wall and inside were kids playing, and they had a sand box and a sliding board and a feeder, and they were playing for all they were worth. There were girls bigger than me and kids littler than me and they were having a good time. I said to myself, "Me for that!"

When I peeked through the iron gate a lot of orphans came out to see me and I asked them how they liked it and they said they liked it fine. I told them that I was an orphan on my mother's side and that I was thinking of joining them. One said, "You'd have to have your hair cut. Another said, 'You'd have to let your dog go, because nobody can have a dog.' Another said, 'You will have to dress just like us.' Another said, 'You can't never go outside the yard.' Then I said, "Good-by, Good-by, Come on, Rowdy."

So we rambled and went swimming and then I walked about in the sun till my hair and dress were dry and then I went home and told my father and what they said was kind of cross. I told him there was nothing doing for no orphan asylum and he said all right and that he was glad of it.

I got the brush and brushed my hair till it shone and my father gave me some money and I bought a pineapple and some cheese and some ladyfingers and some ice cream and we had dinner together. Then he kissed me and went back to bed. I thought I might as well have another swim, since I was doing so well, but Wilbur Carpenter and a gang of boys were using the water and I didn't get to go in, but I hid their clothes when they were not looking and then I went and sat on the horse block in front of the Carpenter's so I could see what they did when Wilbur didn't come home. But he must have found them, for he came home wearing them. I'll find a better place to hide them next time.

When we rambled again I met a young lady on the street and I stopped to watch her go by. She said, "Don't stand spraddled out that way, but put your feet together and stand like a lady." You have read golden hair, haven't you? I said, "Yes, ma'am, and my father says that I've got a real golden disposition, too." She said, "Indeed? Your mother must be very proud of you." I said, "She is. I let the angels get tired looking at her talk about me." Then she said, "Oh?" After that she asked me if I lived on this street and I told her that I lived all over town and out into the country, but that this was the street I slept on. She said the reason she asked was that she was to teach the primary grade, whatever that is, at the new school and she hoped I'd come to her when school opened.

I said, "How about Rowdy?" She said, "Your brother?" I said, "No, ma'am, he's better than a brother; he's my dog." She said, "I'd like to have one dog in my room, and since you spoke first I can be your dog. We'll call him the class dog." I suppose that is because Rowdy has got so much class. She said, "I hope the boys won't tease him." I said, "They won't." She said, "How do you know?" So I had Rowdy to growl away down in his neck and walk stiff-legged and make his hair stand up, and I said, "That's how I know."

I liked her, and when she asked me where I lived I told her, and she said she would call. I said she would find the door open night and day and to go right in, but not to wake my father, because he watched nights and he'd catch me. She looked surprised and said she could not call right away. I asked her if she thought I needed a good spanking and she said, "No, indeed." So I wonder what kind of a lady she is anyway.  
(Copyright.)

### Spiced Beef Loaf

Three pounds fat beef, one-half onion, sliced, one tablespoonful salt, one-half teaspoonful pepper, two tablespoonfuls vinegar, sprig of parsley, three cloves, two tablespoonfuls sugar, three tablespoonfuls catsup.  
Boil the beef slowly with the seasonings until the bones will easily separate from the meat. Remove from the kettle, take out all the bones and gristle and chop the meat fat and lean together while hot. Add additional seasonings if necessary. Pack into a brick-shaped bread tin, put a weight on top and let stand until the next day. The loaf may be used for soup. When ready to serve unroll on a platter and garnish with parsley and sliced lemon.

## HAWTHORNE'S

### Every Day Blouses

Nice to slip on in the morning. Pretty, practical, well tailored.  
Striped, Dimity, Dotted Swiss, Striped or Embroidered Voile, Batiste.  
With colored, or white collars and cuffs, ruffled, or plain.  
1626 Chestnut St.  
Jan. H. Haworth, Pres.  
Millard Mers, Treas.

The words to be written are as follows:  
An adjective suitable for a man.....  
A man's name.....  
An adjective suitable for a girl.....  
A girl's name.....  
Where they meet.....  
What he said to her.....  
What she said to him.....  
What the world said.....  
When this is complete the papers are passed on again, then read out. One or two words can be filled in and the reading will be something like this: "Handsome Jack Brown met pretty Miss Green at the Zoo. He said to her, 'See the ugly duckling?' She said to him, 'Not really.' The consequence was they became engaged and the world said, 'Served them right.'"

#### Reply to Lonely Girl

To H. M. G.—Sorry I cannot grant your request.

#### Reply to "A Foreigner"

To the Editor of Woman's Page:  
Dear Madam—In regard to the young man who signs himself "A Foreigner," that appeared to me very much. I am a young lady, nineteen years of age, considered nice looking by both sexes.

I admire a man of his type very much, and certainly like to come in contact with a man like that myself. Now I myself do not care for dances at all, but you want to dance, but you don't come in contact with nice persons that way. Now what you want to do is to join nice people and you will meet some nice girls of your type through the other boys, and you will be happy and content.

## IN THE MOMENT'S MODES



Being young and therefore entirely irresponsible is perhaps the best excuse for this all black evening gown which ignores, with beautiful sang froid, the time-old tradition that black is rather matronly, and should, therefore, be avoided. An abbreviated bodice of black-splangled net, with the merest strip of it over the shoulders, a flaring, befrilled skirt of crisp net and, as an afterthought, perhaps, from a belated sense of modesty, a wisp of a scarf complete the dance frock.

### THE CHEERFUL CHERUB

I can't help worrying at times. A war's an inconvenient thing. I'd hate to have our house blown up. We had it painted just this spring.



### Egg Croquettes

Yolks of ten hard-boiled eggs, one tablespoonful butter, one teaspoonful finely chopped onion, one teaspoonful chopped celery, salt, pepper, paprika, one egg, cracker crumbs, fat for frying, one teaspoonful finely chopped parsley.  
Mash the egg yolks with the butter, and season to taste with salt, pepper and paprika. Shape into croquettes, dip in beaten egg, roll in cracker crumbs and fry a golden brown in deep fat.

### Doughnuts

Two eggs and one cup sugar. Beat with egg beater until very light. Add half a nutmeg grated, pinch of salt, one cup milk, one

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at a few cents more a pound. Made from the rich, sweet cream of healthy Jersey cows—specially inspected, separated, pasteurized and churned at our own spotless creamery. There are no streaks or specks in Meridale. Observe its dry appearance.

When you buy this uncommonly good butter, you get full butter value—all butter; firm and dry of body, fresh and sweet of taste—packed in our own air-tight Merifol wrapper.

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Look for the "Merifol" wrapper—air-tight, dust- and odor-proof—at your grocers.

## THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions. Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he take the risk of making diagnoses or of prescribing medicine for ailments requiring surgical treatment or drugs.

### Mineral Waters

THERE are many mistaken notions abroad about the value of mineral waters, especially the laxative kind. The idea that laxative mineral waters are harmful or that they may be habitually used with benefit is an error. Laxative mineral waters contain alkaline substances that neutralize the gastric juice when taken freely at meals and at other times. Through their laxative effect they cause congestion of the intestinal mucous membrane and produce a chronic intestinal catarrh, which is a very common malady.

Congestion of the mucous membrane lowers the vital resistance of the cells of the membrane which lines the alimentary canal, and so they are less able to resist the attacks of bacteria or germs which obtain a foothold. Thus we have colitis and catarrh of the intestine produced.

At the same time there are certain mineral waters that are entirely harmless. The so-called lithia waters are absolutely harmless. However, their effect is quite negative. They have no particular effect upon the kidneys.

People who drink lithia water in order to cure gonorrhea or to remove renal calculi or to dissolve stones in the kidneys or bladder are laboring under a very great misapprehension based upon the supposition that when lithia comes in contact with uric acid in the body the solubility of the uric acid is increased so that it may be absorbed and carried out of the body. As a matter of fact the effect is the very opposite. Lithia forms with uric acid insoluble compounds and so it has no effect at all. Thus, if it had any effect at all it would be to increase the trouble rather than to diminish it.

A salesman, representing a well-known lithia water company, once solicited the writer for business. I said to him, "How much lithia does your water contain?" He gave me the analysis. I found with a little hesitating that to get the usual medicinal dose of lithia one would have to drink an entire barrel of lithia water three times a day.

### Olive Oil—White Russian Oil

Is olive oil a wholesome laxative? What is the proper dose of olive oil? Is it better than cod liver oil? L. C. L.  
Olive oil is a wholesome food when taken

in moderate quantity. In some persons a tablespoonful of olive oil taken before each meal acts as a laxative, though generally the amount of olive oil which can be safely taken is not sufficient to produce definite laxative effects. When taken in large quantities olive oil, like other fats, becomes less objectionable than animal fats. Specially refined white Russian paraffin oil produces an excellent laxative effect in quantities of one or two tablespoonfuls taken fifteen to thirty minutes before each meal. Olive oil is digested and absorbed, and it is for this reason that it does not produce marked laxative effects while paraffin oil is not a fat and is not digested, and hence is not absorbed. Its action is purely mechanical, being that of a lubricant.

### Baby Vomits Food

Why does my baby vomit food soon after eating?  
The baby is very likely to vomit his food if he has been given too much or if he should be allowed to lie quietly for some time after feeding. Too much handling will cause vomiting.

### Drowsy During the Day

I often feel drowsy during the day. How may I overcome that? I retire about midnight and rise at seven.  
You should retire at ten. You are evidently not getting sufficient sleep.

### Snoring

What is the cause for snoring and how can it be prevented?  
Snoring is due to breathing through the nose and mouth at the same time. By keeping either the nose or the mouth closed snoring may be prevented. Snoring is often occasioned by enlargement of the tonsils, especially in children. In these cases the tonsils should be removed. In older persons it is not infrequently the result of habit. Snoring, when not due to obstruction of the nose, can generally be cured by closing the mouth by means of some suitable appliance.  
(Copyright.)

## Remember that Nestlé's is MILK!

Your baby must have milk in some form—in the right form for his delicate stomach.

You know that your baby should be nursed as long as possible. If you cannot nurse your baby you must give him something so near mother's milk that the little stomach won't feel any shock of change.

Cows' milk alone is no substitute for mother's milk. You know how hard it is to get the milk fresh enough, and even when you think that there are no germs of disease in the milk—even then, the milk is hard to digest because of the curd—that hard, rubber-like curd.

Nestlé's has been used by millions of mothers for half a century—mothers who speak many different languages but who have this one tie in common—that their babies are growing up on

## Nestlé's Food

(A complete milk food—not a milk modifier)

Nestlé's Food has in it pure cows' milk, baked wheat flour, wheat malt and cane sugar. It has in it fat to keep your baby warm, proteins to give him strength, carbohydrates to give him energy.

Nestlé's is the nearest thing to mother's milk that doctors and scientists have made. Reduced to a dry powder—it is packed in air-tight tins and keeps indefinitely, just as sweet and pure as the day it left the laboratory—always ready to build a happy, healthy baby.

Remember that Nestlé's Food is modified milk, you simply add water and boil.

Join the million mothers. Give your baby this simple food, modified by doctors, planned by scientists, free from germs, easy to digest. Send this coupon without money for a big sample can, and be one of those million glad mothers whose babies are growing big and strong on Nestlé's Food.

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Please send me FREE your book and trial package.  
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## FROM THE MATCH TO THE MEAL!

## STRIKE A LIGHT AND COOK A BITE!

Don't let "Gas Range Week" get by without going to your Gas Company showrooms and seeing the

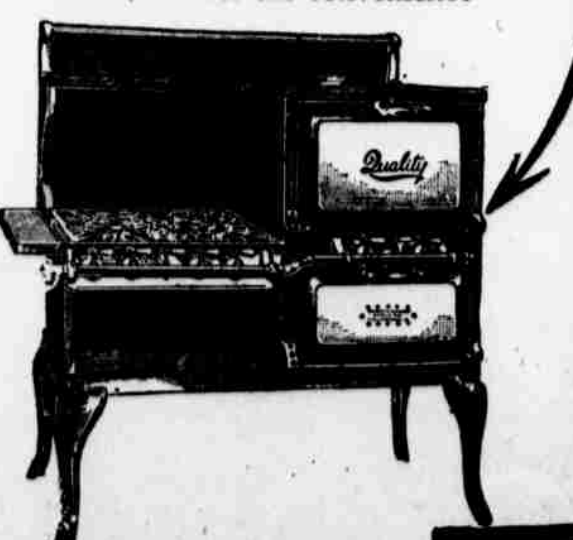
### "QUALITY" GAS RANGES

It is your best opportunity during the year to compare the "Quality" with others and judge for yourself.

If you will take the time to make a thorough examination—to look into the ovens, to try the doors, to note the convenience and compactness and satisfy yourself as to the sturdiness of the "Quality" Gas Range, you will make a selection that will give you years of satisfaction.

The great advantage that Gas Range week affords you is the opportunity for comparison—you can see and examine "Quality" Gas Ranges side by side with others—you can ask an impartial salesman about them all—you can make a deliberate selection based on knowledge.

That is why the makers of "Quality" Gas Ranges urge you to take advantage of



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